LABORATORIUM ZMIANY

TRAINING COURSE

Inclusive Methods in Non-Formal Education

11–17 December 2026 · Opole



Join us!

Infopack for participants, trainers & partner organisations

02 · WELCOME

Welcome to the Training Course!

Hello and welcome! We're glad you're interested in joining our training course in Opole, Poland.

For five days we'll explore how to make youth work and education more inclusive — by trying methods ourselves, reflecting together and sharing what works.

No previous experience is needed. This infopack has all the practical details.

Welcome!

WHERE

Opole, Poland

WHEN

11–17 December 2026 (incl. travel days)

WHO

Youth workers & educators
22 people

LABORATORIUM ZMIANY

03 · WHO WE ARE

About Laboratorium Zmiany

Since 2015 we've been creating a safe and inspiring space where girls and women discover their strength and shape their own paths — in relationships, education and work.

Our mission: to help girls and women recognise their potential, challenge gender stereotypes and resist discrimination — promoting equality, respect and social courage.

WE WORK WITH

- Girls & women
- Teachers & parents
- Youth workers
- Activists
- Institutions & NGOs

SINCE

2015

Hundreds of hours

of workshops, training sessions and community initiatives



LABORATORIUM ZMIANY

04 · THE COURSE

About the Training Course

A hands-on course for people who want to make their youth work and education more inclusive. No previous experience needed — we start from the basics.

Understand

Stereotypes, prejudice, privilege and discrimination — the key ideas, explained simply.

Experience

Try inclusive non-formal education methods yourself: games, simulations and art-based tools.

Take home

Explore ready-to-use resources from our ZOOM OUT project and other tested tools developed by our Foundation.

LABORATORIUM ZMIANY

05 · WHY WE MEET

Training objectives

01 Build a shared understanding of stereotypes, prejudice, privilege and discrimination

02 Experience and practise inclusive non-formal education methods

03 Explore ready-to-use educational resources, incl. the ZOOM OUT project

04 Strengthen competences to empower young people, e.g. with the “Anchors for the Future” game

05 Exchange good practice and build a network of youth workers across countries

Let’s learn together!

LABORATORIUM ZMIANY

06 · WHO IS IT FOR

Participant profile

AGE LIMIT

18+

years old

This course is for you if you are…

- a youth worker, youth leader or volunteer
- a teacher, educator or trainer working with young people
- an active member of a youth organisation or community
- new to non-formal education — beginners are very welcome!
- ready to take part in the whole course and share your experience
- not advanced in topics of inclusivity and anti-discrimination.
  This will be a beginners course in these topics and advanced people might not find it as useful.

LABORATORIUM ZMIANY

07 · WHEN & WHERE

Dates & location

ARRIVAL DAY

Fri 11 Dec

TRAINING DAYS

Sat 12 – Wed 16 Dec

DEPARTURE DAY

Thu 17 Dec

Opole, Poland

A friendly university city in south-west Poland, on the Oder river.

Main venue: CAS

Centrum Aktywizacji Społecznej (Social Activation Centre), ul. Krakowska 32, Opole - room 307

+ other places in Opole

LABORATORIUM ZMIANY

The course at a glance

SAT 12 DEC **Let’s start**	SUN 13 DEC **Seeing inequality**	MON 14 DEC **Tools in action**	TUE 15 DEC **Your voice**	WED 16 DEC **Wrap-up**
• Welcome & safe learning space • Team building & “Map Yourself” • Youthpass & learning goals • Tea or movie evening (optional)	• Stereotypes, prejudice & discrimination • “Take a Step Forward” • “Anchors for the Future” game • Intercultural evening	• ZOOM OUT resources & Body Book exercise • “Join the Game” on gender stereotypes	• Open Space Technology / anti-conference • Study visit in the Invisible Space	• Evaluation & next steps • Creative evaluation with art-based methods • Youthpass ceremony & farewell

Details and times may still change. Typical day: ~9:30/10:00–17:30, including coffee break and a long lunch break.

LABORATORIUM ZMIANY

09 · WHERE YOU'LL SLEEP

Accommodation – Hotel De Silva



You'll stay at Hotel De Silva. The organisers book and cover the accommodation for the whole group — you don't need to book anything yourself.

Address	ul. Powolnego 10, 45-078 Opole
Rooms	2 people in one room
Facilities	WI-FI, TOWELS, BREAKFAST included

LABORATORIUM ZMIANY

10 · GETTING HERE

Travel arrangements

CLOSEST AIRPORTS

Wrocław WRO

≈ 1 h to Opole

Katowice KTW

≈ 1 h to Opole

Kraków KRK

≈ 3–4 h to Opole

Warsaw WAW

≈ 3–4 h to Opole

Arrive: Fri 11 Dec · Leave: Thu 17 Dec
Travelling green (train, bus, car-sharing)? Great — let us know!

HOW TO GET TO OPOLE

- Fly to one of the airports
- Take a local bus or train to the city's main train station
- Take a train to Opole Główne — tickets at the station or on koleo.pl.FlixBus also runs from all these cities.
- Hotel and main venues are in a walking distance from Opole Główne / Opole main train station.

LABORATORIUM ZMIANY

Travel reimbursement

1. Check your distance band in the Erasmus+ **distance calculator**
2. Send us your travel plan and wait for our OK
3. Buy your tickets — only after our confirmation
4. Keep everything: tickets, boarding passes, invoices
5. Send the documents & the form → refund by bank transfer after the project

Arriving early or leaving late? Tickets may be refunded, but extra nights are at your own cost.

LABORATORIUM ZMIANY

Erasmus+ Programme

Erasmus+ is the European Union’s programme for education, training, youth and sport. It helps people learn, meet others and grow — also outside the classroom.

Training courses help youth workers, educators and volunteers develop their skills, try new methods and bring fresh ideas back to their organisations and communities.

Youthpass

At the end you’ll receive a Youthpass — a European certificate that describes what you learned during the exchange.

Funded by the European Union

Expected learning outcomes

Knowledge

- what stereotypes, prejudice, privilege and discrimination are
- how inclusive non-formal education works
- how Youthpass helps to recognise learning

Skills

- running inclusive games and activities with young people
- facilitating Open Space and art-based evaluation
- adapting methods to different groups

Attitudes

- more awareness of your own privilege and bias
- confidence to react to discrimination
- motivation to share, cooperate and network

Preparation & what to bring

BEFORE YOU COME

1. Fill in the participant form
2. Join the online pre-departure meeting
3. Send us your travel plan before buying tickets
4. Think of one method or resource from your work to share
5. Prepare something for the intercultural evening to show your culture with other participants

PACKING LIST

- ID / passport & EHIC card
- Tickets & boarding passes
- Warm clothes (around 0 °C) & waterproof shoes + lighter shoes for indoor activities
- Notebook — laptop optional
- Materials about your organisation
- Any medicines you need

Meet the trainers



Alicja Wiśniewska

Project coordinator · Trainer

Lawyer by education, works at the University of Opole, Opole city councillor, board member of PROM – Polish National Youth Council.



Aleksandra Krok

Trainer

Psychologist and youth trainer specialising in anti-discrimination topics. In her work likes to use arts&crafts methods.



Aleksandra Niewiejska

Trainer

Psychologist and youth trainer. Expert in intersectionality in children literature. Has experience working with a wide range of people - from kids to elders.

16 NEXT STEPS

Contacts & next steps

1. Apply / confirm your place
2. Fill in the participant form
3. Join the pre-departure meeting
4. Send your travel plan, then buy tickets
5. Pick a method to share — and pack!

WRITE TO US

kontakt@laboratoriumzmiany.pl

Project coordinator: Alicja Wiśniewska

alicja.wisniewska@laboratoriumzmiany.org, +48 606782608

laboratoriumzmiany.org
Facebook: /FLaboratoriumZmiany
Instagram: @laboratoriumzmiany

See you in Opole!

LABORATORIUM ZMIANY